

Where to Begin.... a Foundation for Awareness

It is important to meet people where they are in their learning and comfort level in addressing what can often be difficult and controversial issues. The articles and links in this section provide some tools that will allow people to explore these issues at their own pace.

[1619 Project](#) (New York Times Magazine)

"...to reframe the country's history by placing the consequences of slavery and the contributions of black Americans at the very center of our national narrative."

[Anti Racism Guide](#) (Abilities Network): The mission of this organization is: To challenge the community to acknowledge the value and equality of people of all abilities.

[Anti-racism resources from Greater Good](#) (Greater Good Science Center at the University of California, Berkeley)

[BIPOC Mental Health](#) (Mental Health America)

"The way we talk about things can often influence the way we think about them. In the field of mental health, we are familiar with "person-first" language. This is language that prioritizes the identity of individuals as human beings with unique experiences and identities over their mental health status. For example, we avoid describing people as schizophrenics and instead refer to them as people with schizophrenia."

[Nine Podcasts on Racism: Understanding The Black Lives Matter Movement](#) (*Harper's Bazaar*)

[Racism and Health](#) (American Public Health Association)